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# ECHINACEA: ITS COMBINATION AND USE.

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*ECHINACEA ANGUSTIFOLIA,* DeCandolle, is recognized by three common names, narrow-leafed purple cone flower, purple cone flower, and black sampson. This plant is herbaceous and has a thick, black, pungent root. It sends up annually a stem that may be either slender or stout. This condition doubtless is due to its envorinment. These stems are from two to three feet in height and are covered with hair. This plant is not found east of Illinois. We have a plant growing in the eastern states known as *Echinacea purpurea,* and called by some black sampson. This has produced confusion. Its therapeutic value is slight. *Echinacea angustifolia* is an entirely different plant, found only in prairie states, mostly in the hills of Kansas, where it is indigenous. It is most plentiful in the sand hills of Kansas. The medicinal properties of this plant was first brought to notice in 1885. During the ten years following and up to 1895 it had been prescribed for all manner of diseases. Since 1895 care in the study of the properties of the plant has prevailed and more accurate conclusions reached as to its medicinal virtues, which as yet have not been fully established.

V. von Unruh after years of laboratory work has succeeded in giving this drug a scientific place. He says:

> "Echinacea in its physiological action produces a feeling of intoxication, flashes of heat, headache of a dull character, dull muscular pains, subnormal pulse, cold and numb extremities, and an increase in the specific gravity of the urine. These symptoms pass off gradually within several hours, showing that the drug has no continuing toxic nor detrimental effects. Death from overdoses have never occurred. In therapeutic action it directly stimulates the flow of saliva, sweat and urine. It increases glandular activity, thus antagonizing all septic poisons, aids elimination of toxins, and acts as a destructive upon the streptococci, staphylococci and other pyogenic organisms. Echinacea increases the phagocytic power of the leucocytes; that is, the leucocytes are increased in activity. Injection of from 3 to 5 cc. in cases that showed an abundance of cocci and pus gave results showing a speedy decrease of cocci and pus cells. Hyperleukocytosis and lucopenia are directly improved by echinacea. The proportion of white to red cells is rendered normal."

In tests made by myself in septic cases it has never disappointed me. I do not hesitate in stating that it is the one remedy above all others in the treatment of septic infection. This statement applies to the single drug echinacea. I have used in the same cases, but to a less extent, a formula called ectisia. This contains *Echinacea, Baptisia, Thuja,* and *Phytolacca.* This combination is very suggestive and may prove of greater value than the Echinacea alone. Its range of application may be greater. Its advocates claim great things for it; that the echinacea in the compound is materially increased in its effects. Keep the one thought before your mind, viz: Echinacea stands first as a corrector of dyscrasia. It is an intestinal antiseptic and of rare value in typhoid fever, the course of the disease made shorter and the danger, to a degree, eliminated.

I doubt if it has an equal; at least no superior. It may be used as a local application and as a remedy for internal administration. Judiciously used, it acts as a stimulant against tissue waste. The entire lymphatic system feels its influence. As a remedy for blood poison it is a specific if there be one in the materia medica. Five tabulated indications for the use of *Echinacea* or echtisia, are given below:

1. As a remedy for rattlesnake bites and the poison of other venomous reptiles, and the sting of bees, wasps and other poisonous insects.
2. As a remedy in puerperalsepsis and all other forms of septic infection, including those classed under the general head of blood poisoning.
3. In the treatment of boils, carbuncles, abscesses and other like conditions.
4. As an intestinal antiseptic, especially in zymotic diseases, as typhoid fever, pneumonia, etc.
5. As an alterative or blood purifier in cases of slow, progressive blood taint from defective elimination.

OTTAWA.